

# March Activities - Urbana 50+ Community Center

Days & Hours	Mondays 9:00-4:00	Tuesdays 9:00-7:00	Wednesdays 9:00-4:00	Thursdays 9:00-7:00	Fridays 9:00-4:00	Saturdays 10:00-2:00
Daily Activities	9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi Noon *Lunch 12:45 *Yoga 1:00 Rummikub	9:30 Strength Training 10:45 Daily Exercise Noon *Lunch 12:45 *MET Generations 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class	9:30 Strength Training 10:00 Bridge 10:45 Daily Exercise 11:30 *Yoga Noon *Lunch 12:45 *Meditation 1:00 Cards/Games	9:30 Strength Training 9:30 *English Conversation Class 10:45 Daily Exercise 10:45 *English Conversation Class Noon *Lunch 1:00 Cards & Games 1:15 *Line Dancing 3:00 *Ukulele Class 4:30 Strength Training	9:30 Strength Training 10:45 Daily Exercise 1:00 Canasta 1:00 Cards & Games	10:45 Daily Exercise
Special Activities & Announcements	2 Health Education 101 “Hand Washing” 1:15 Book Club: “The Giver of the Stars” by Jojo Moyes	3 Health Education 101 “Hand Washing” 5:00 *Supper Club: “Green Turtle”	4 Health Education 101 “Hand Washing” 11:00 Exercise Tips w/ Laura “Benefits of Exercise” 1:00 Artful Creations Table favors-St. Patrick’s Day	5 Health Education 101 “Hand Washing” 11:15 Safety Minute “Emergency Preparedness”	6 Health Education 101 “Hand Washing” 11:00 Stitching Post 1:00 Wii Bowling  Center is closing at 3:00 p.m. (*Trip: TranquilaTEA) (Groceries for Seniors-Frederick)	7 Health Education 101 “Hand Washing” 10:00 Bridge 11:00 Adult Coloring
	9 Nutrition Minute “Seafood Nutrition Facts”	10 Nutrition Minute “Seafood Nutrition Facts” 5:15 *Supper (pizza) & National Parks Showcase DVD	11 Nutrition Minute “Seafood Nutrition Facts” 11:30 Chat with Joy: “Senior Property Tax Credit & Renters Tax Credit”	12 Nutrition Minute “Seafood Nutrition Facts” 11:45 *Lunch with Nurse Steve: “Did I have a good night’s sleep?”	13 Nutrition Minute “Seafood Nutrition Facts” Noon Movie: “Bohemiam Rhapsody”  (*Trip: Franciscan Monastery)	14 Nutrition Minute “Seafood Nutrition Facts” 10:30 Chinese Seniors Community Gathering 12:30 Wii Sports
	16 No Tai Chi  Center is closing at 3:00 p.m.	17 11:45 St. Patrick’s Day Luncheon 5:15 *Supper (appetizers) & National Parks Showcase DVD	18 10:30 Silver Platter Video “Energy Bites”	19 10:15 TED Talk: “Taking imagination seriously” 1:00 Movie Matinee: “True Grit”	20 11:00 Tech Help w/Caitlyn Appointments suggested 1:00 Open Studio Watercolor  (*Trip: TranquilaTEA)	21 11:00 Tech Help w/Caitlyn Appointments suggested 12:30 Artful Creations: Table favors- Chuck Fisher Event
	23	24 5:15 *Supper (spaghetti) & National Parks Showcase DVD	25 1:30 *Shopping the Sears Catalog Program	26 4:30 Exercise Tips w/Laura “Importance of Exercise”	27 1:00 *Chuck Fisher: Music & Dessert	28 11:00 Open Studio Watercolor
	30	31 5:15 *Supper (hot dogs) & National Parks Showcase DVD				

**\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk \*. Activities are subject to change.**

## Speakers/Special Events

(See flyers at the center or on our website for more details)

### \*Shopping the Sears Catalog

Wednesday, March 25, 1:30 p.m.  
Free, sign-up encouraged

### \*St. Patrick's Day Luncheon

Tuesday, March 17, Noon  
\$5.00 (Regular meal cost)  
Sign-up by Tuesday, Mar. 10

### MAP: Chat with Joy Senior Property Tax Credit & Renters Tax Credit

Wednesday, March 11, 11:30 a.m.  
Free, drop-in

### \*Lunch with Nurse Steve:

#### "Did I have a good night sleep?"

Thursday, March 12, 11:45 a.m.  
Lunch: 11:45 a.m.  
\$5.00 (regular cost)  
Sign-up by Wednesday, Mar. 4  
Talk: 12:15 p.m. free, drop-in

### \*Supper & National Parks Showcase (DVD)

Tuesday, March 10, 17, 24. & 31  
5:15 p.m.  
\$5.00 (Regular meal cost)  
Sign-up by the Monday before

### \*Chuck Fisher:

#### Singing the Legends

Friday, March 27, 1:00 p.m.  
\$7.00 Dessert & Program  
Register by March 20

### Chinese Seniors Community Gathering

Saturday, March 14, 10:30 a.m.  
Free, drop-in

### Exercise Tips with Laura: Benefits of Exercise

Wednesday, March 4, 11:00 a.m.  
Free, drop-in

### Tech Help w/Caitlyn

Friday, March 20, 11:00 a.m.  
Saturday, March 21, 11:00 a.m.  
Free, appointments suggested

### Exercise Tips with Laura: Importance of Exercise

Thursday, March 25 4:30 p.m.  
Free, drop-in

#### Payment for programs may be made:

1. in person at the center or
2. online via the [eStore](#) on our webpage

## Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

# March 2020

## Programs & Activities

**Tuesday, March 17 – \*St. Patrick's Day Luncheon**  
**Wednesday, March 25 – \*Shopping the Sears Catalog**  
**Friday, March 27 – \*Chuck Fisher: Music & Dessert**

#### Inclement Weather Policy

Use personal judgment to assess weather and driving conditions near you.

1. *Frederick County Public Schools are closed*, the center is open but all scheduled activities, classes, transportation, and lunch are cancelled
2. *Schools open late*, the center is open on time
3. *Schools close early*, afternoons programs at the center are cancelled
4. *Frederick County Government opens late*, the center will open late
5. *Frederick County Government is closed*, the center will be closed

**For up-dated information on closings check: local TV, radio, our Facebook page  
or call the center and listen to our voice mail message.**

301-600-7020 or Email: [UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)

Website: [www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices)

Facebook: [Urbana Senior Center – Frederick County, MD](#)

Susan Hofstra, Center Supervisor  
Caitlyn Kirby, Assistant Center Supervisor  
Quincy Juean, Driver/Aide